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# PROGRAM

**NEWS**

U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

MAY-JUNE 1973

## Child Nutrition Programs of the Food and Nutrition Service, U.S. Department of Agriculture

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Nutrition programs of various agencies represented on the Interagency Committee on Nutrition Education are featured periodically in *Nutrition Program News*. As part of its purpose, the Interagency Committee assists in coordinating the nutrition-related programs of member agencies and other interested organizations through better understanding and communication. *Nutrition Program News* provides an exchange of information on nutrition programs and activities. This issue will be devoted to the Child Nutrition Programs of the Food and Nutrition Service, United States Department of Agriculture, a member of the Interagency Committee on Nutrition Education.

Children have been fed in schools nationwide in ever-increasing numbers since 1946, when Congress passed the National School Lunch Act. In the years since that act went into effect, the basic program of feeding children has been expanded. Child Nutrition Programs are no longer limited to midday meals in schools, but include school breakfast, supplemental milk, food service to children in nonschool settings, and nonfood assistance (equipment). These programs are authorized by either the National School Lunch Act or the Child Nutrition Act of 1966. The basic objectives of the programs are to safeguard the health and well-being of the Nation's children and to encourage the domestic consumption of nutritious agricultural commodities.

### Background and Legislation

The National School Lunch Act was passed by Congress in 1946. By 1959 the National School Lunch Program was operating in private and public schools in all 50 States, the District of Columbia, Puerto Rico, the Virgin Islands, and Guam. This program was expanded greatly during the 1960's, and benefits were extended to many more needy children.

The Child Nutrition Act of 1966 authorized a pilot breakfast program, a special milk program that previously had been part of other legislation, and the nonfood (equipment) assistance program. An amendment to the National School Lunch Act in 1968 established the Special Food Service Program for Children. Further amendments were made to both Acts in 1970 and 1972 to improve all child nutrition programs.

In accordance with these two acts, in order to participate in Child Nutrition Programs, schools and child-care institutions must agree to the following:

- Operate the food service on a nonprofit basis for all children without regard to race, color, or national origin;
- Provide free or reduced-price meals to children unable to pay the full price. These children must not be identified nor discriminated against in any way;
- Serve meals that meet the minimum nutritional requirements established by the Secretary of Agriculture. This does not apply to schools and institutions that participate only in the special milk program.

Child Nutrition Programs are normally administered through the State Department of Education. However, the Food and Nutrition Service, U.S. Department of Agriculture, directly administers the programs in private schools in 21 States and in child-care institutions in 16 States



where the State law and other restrictions prohibit the State agencies from administering programs in private schools and child-care institutions.

## National School Lunch Program

The National School Lunch Program, authorized under the National School Lunch Act, has as its purpose assisting schools in providing nutritious lunches. All public and private nonprofit schools of high school grade and under, including preschool programs operated as part of the school system, are eligible. These schools agree to the guidelines listed earlier.

The lunches served must meet the requirements for a Type A lunch as established by the U.S. Department of Agriculture. The nutritional goal of the Type A lunch is to provide approximately one-third of the daily dietary allowances recommended by the National Research Council for the children served. The Type A pattern that serves as a guide for planning the lunches includes as a minimum:

1. One-half pint of fluid whole milk as a beverage;
2. Two ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or one egg; or one-half cup of cooked dry beans or peas; or four tablespoons of peanut butter; or an equivalent combination of these foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item. When an egg or one-half cup of cooked dry beans or peas is served, it is nutritionally desirable to have an additional source of protein such as meat, cheese, or peanut butter.
3. A three-fourths cup serving that consists of two or more vegetables or fruits or both. Full-strength vegetable or fruit juice may be counted to meet not more than one-fourth cup of this requirement.
4. One slice of whole-grain or enriched bread; or a serving of cornbread, biscuits, rolls, or muffins made of whole-grain or enriched meal or flour;
5. One teaspoon of butter or fortified margarine.

Lunches are provided free or at reduced prices to children from families with incomes below school eligibility standards established in accordance with national standards. All children from families with incomes at or below the Income Poverty Guidelines set by the Secretary of Agriculture are to be served free meals. States, however, may set eligibility criteria which exceed the guidelines by as much as 25 percent for free lunches and 50 percent for reduced-price meals.

Participation in the National School Lunch program has increased annually since it was started in 1946. Today, approximately 25 million students are participating, with approximately one-third of the children receiving free or reduced-price meals.

Federal assistance in the program comes in the form of cash reimbursements, agricultural commodities, and non-food assistance. Federal general cash assistance is made available to guarantee a minimum 8-cent average rate for each lunch served that meets minimum nutritional requirements (Type A pattern). States may vary the rates depending on the need of the schools, as long as the 8-cent average is maintained.

Special cash assistance funds are available to assure that children from low-income families will be able to take part in the school lunch program. Schools are guaranteed a minimum payment for each free and reduced-price lunch served to needy children. In situations where there are especially needy schools, States may pay up to 100 percent of the operating costs, not to exceed a certain maximum per lunch served.

Approximately 80 percent of the food used in the School Lunch Program is purchased by schools on the local market. Foods acquired by the U.S. Department of Agriculture under three basic authorities—price support, surplus removal, and USDA food purchases based on school needs—are generally available to all eligible nonprofit school lunch programs. The variety and quantity of these foods donated to schools depend on the kinds and amounts in Government inventory and on whether they can be used effectively.

In addition to the traditional food service in individual schools, there are a number of approaches being used to feed children today. These include satellite feeding from base or central kitchens, canned lunches, and the use of frozen entrees.

Satellite feeding from base kitchens is a method used in school systems where some schools have adequate kitchen equipment and facilities, and others do not. Those with facilities prepare and deliver the food to the others. These meals may range from cold bag lunches to complete hot lunches delivered in bulk containers or individual insulated trays.

The central kitchen system is similar except that the kitchen is often specially designed for preparing meals to be sent out. It is usually located in a building other than a school and provides food for the entire school system. In some systems the foods are prepared and distributed in bulk in both heated and refrigerated containers. Some receiving schools have small service kitchens, while others dispense foods from movable serving carts. In some schools the foods are delivered frozen, ready for heating, while in others the foods are delivered hot, ready for serving.

Serving canned lunches has recently been approved by the Food and Nutrition Service, USDA, for schools that have no place to prepare or serve food. In some schools, institution-size cans of meat and vegetables are heated

on whatever heating equipment is available. These foods, along with a canned fruit, milk, and bread and butter, are served to children on plates or trays to be eaten at their desks. Other schools use individual 7½- to 9-ounce cans of main dishes such as spaghetti, stew, and beans and franks. These foods are eaten directly from the can and are served along with milk, bread and butter, a vegetable, and fresh fruit.

Another convenience method for schools is to use commercially prepared, individual-sized frozen entrees consisting of meat and two vegetables and/or fruits. Along with the entree, the school serves bread, butter, and milk. The prepackaged lunch can then be eaten in a variety of places, from seats in the classroom to bleachers in the gymnasium, if necessary.

Some schools use food service management companies and caterers to provide food for students. USDA regulations permit the use of these companies in the National School Lunch Program.

### **School Breakfast Program**

The School Breakfast Program was authorized in the Child Nutrition Act of 1966 to assist schools in providing nutritious breakfasts to students from schools that had many needy pupils or to which many of the children traveled long distances. Today, the program is available to all schools, the same as is the National School Lunch Program.

The breakfasts served must meet standards set by the Secretary of Agriculture. Each meal must include at least a specified amount of milk, fruit or full-strength fruit or vegetable juice, and enriched bread or cereal. Schools are encouraged to serve a meat or meat alternate as often as possible.

Pupils in participating schools can buy the breakfast at a reasonable price. Students from needy families are eligible for free and reduced-price breakfasts under the same guidelines established for the School Lunch Program. Participation in the school breakfast program continues to increase each year. Approximately 1 million students participated in 1972, more than three-fourths of whom received free or reduced-price meals.

Breakfast assistance payments are made to the States based on the number of paid, reduced-price, and free breakfasts served. In especially needy schools, the States may pay up to 100 percent of the operating costs, not to exceed specified limits for each free and reduced-price breakfast. Some U.S. Department of Agriculture-donated commodities are also provided.

### **Special Milk Program**

The special milk program, previously a part of legislation starting in 1954, was incorporated into the Child

Nutrition Act of 1966. Its purpose is to encourage the consumption of fluid whole milk by children. All public and private nonprofit schools, and child-care institutions including summer camps, are eligible to participate.

Funds for the program are provided to State agencies and eligible individual institutions in the form of reimbursement payments. This money is received for milk served throughout the day, including mealtime, snacktime, recess, and before and after school. Schools, child-care centers, and camps are reimbursed for part of the milk served to children at a reduced cost.

Schools participating in the National School Lunch and Breakfast Programs may claim special milk assistance for all milk served over and beyond the first half pint served in meals claimed for reimbursement under the lunch and breakfast programs. Especially needy schools may claim for the full cost of all milk served free to needy children. In schools where there is no regular food service, this program is especially significant in increasing the milk consumption of the students.

### **Special Food Service Program for Children**

The 1968 amendments to the National School Lunch Act included authorization for the Special Food Service Program. The purpose of the program is to assist child-care institutions in providing nutritious meals—breakfast, lunch, dinner, and between-meal supplements.

Institutions eligible for the program include public and nonprofit private institutions such as day-care centers, settlement houses, and recreation centers, as well as summer day camps and similar recreation programs that provide nonresidential child care in low-income areas and areas with many working mothers. The requirements for participation are similar to those for the National School Lunch Program. The program is available year round for day-care centers that primarily serve preschool children. Also, organizations that offer summertime recreational activities for school-age children in parks, playgrounds, and recreation centers may participate in the program.

Institutions approved for participation must agree to the same guidelines as in the School Lunch Program. Meals must include specific types of foods in minimum amounts according to the ages of the children. The guidelines for various meals are:

- Breakfast: Milk, fruit or juice, and bread or cereal;
- Lunch or supper: Milk, meat or alternate, two or more vegetables or fruits, bread, and butter or margarine;
- Between meals: Milk or fruit or vegetable or juice, and bread or cereal.

Participation has increased each year since the program's inception. Nearly 1½ million children were involved in



the summer program during 1972, with over 200,000 children served by the year-round program.

Federal assistance consists of donated commodities, cash reimbursements for meals and between-meal supplements served, financial help to buy or rent necessary food service equipment, and technical assistance and guidance to establish and operate the food service program. Funds for the program are paid to the States in the form of basic grants up to a certain maximum, and then the remaining funds are apportioned to the States based on the number of children in families with incomes below a stipulated level in each State.

Funds are disbursed by the State educational agency to child-care institutions on a nondiscriminatory basis. In States where the State educational agency is not permitted by law or otherwise unable to disburse funds under this part of the law, the funds are withheld from the State allotment and disbursed to the institutions in the State with the same purposes and subject to the same conditions as for the State educational agency.

### **Nonfood (Equipment) Assistance Program**

The nonfood assistance program was authorized under the Child Nutrition Act of 1966 with the purpose of helping needy schools to acquire food service equipment to start, maintain, and improve food service programs. All public and private nonprofit schools drawing attendance from areas in which poor economic conditions exist are eligible for the program. However, these schools must have no feeding programs or have grossly inadequate food service equipment in order to qualify for assistance.

Funds from the program go to the States in the form of grants-in-aid and other means to supply eligible schools with equipment other than land or buildings for the storage, preparation, transportation, and serving of food. Part of the funds are apportioned on the basis of the number of lunches served in the State that meet minimum nutritional standards relative to the number served nationwide. Payments to the States are made on the condition that at least one-fourth of the cost of equipment purchased in the program by a State will be paid from State or local funds.

By law, 50 percent of the funds are reserved in the 3 fiscal years 1973-75 to assist needy schools without a food service. These funds are apportioned on the basis of the number of children enrolled in schools without a food service.

Schools that receive nonfood assistance must agree to take part in the National School Lunch Program and/or the School Breakfast Program. If the school has only a

breakfast program, it must agree to work toward starting a lunch program.

### **National Advisory Council on Child Nutrition**

The National School Lunch Act, as amended, established a National Advisory Council on Child Nutrition. The council is composed of 13 members, 4 from the U.S. Department of Agriculture, and 9 from outside the Department representing specific fields such as school administration, nutrition, food service, and education.

This council is charged with the responsibility of making a continuing study of the operation of programs carried out under the National School Lunch Act, the Child Nutrition Act of 1966, and any other related act under which meals are provided for children, with the purpose of determining how such programs might be improved. In the first annual report of the council, presented early in 1972, five areas of priority concern for improving the child feeding programs were listed. The two areas with top priority were nutrition education and reaching schools without programs.

The council recommended that greater emphasis be given to nutrition education through the Child Nutrition Programs, through classroom instruction, and through innovative means outside the classroom. It was also recommended that a concerted effort be made to increase the number of schools participating in the program so that all children from low-income families would have access to free and reduced-price meals in the schools they attend.

In the second annual report of the council, issued in March 1973, continued concern was expressed for the issues identified in the first report. In addition, three new recommendations were listed, namely, increasing student participation in child nutrition programs, using school facilities and experience for summer feeding programs, and making sure that the use of new food products is properly monitored and accompanied by appropriate nutrition education materials.

### **CONCLUSION**

The Child Nutrition Programs are providing assistance to schools and child-care institutions across the country to establish, strengthen, and expand food service programs for children. Each year, these programs are reaching millions of children, the needy ones, as well as those who can afford to pay full price for the meals. Concerted efforts are underway to bring the National School Lunch Program to all schools that do not presently have a lunch program. Then, all students would have access to a nutritious midday meal, and all needy students would have access to the program at little or no cost.

# FACTS FROM FDA

CURRENT AND USEFUL INFORMATION FROM THE FOOD AND DRUG ADMINISTRATION

## THE NEW LOOK IN FOOD LABELS

Next time you're in a supermarket, take a careful look at the labels of the foods you buy—because over the next few months and years, there will be significant changes in the information on the labels.

The changes will come about because of a Food and Drug Administration program to make food labeling more informative as an aid to better nutrition. The program is designed to provide information that American consumers can use to identify and select nutritious foods.

Charles C. Edwards, M.D., Commissioner of Food and Drugs, said the program "will bring about the most significant change in food labeling since food labeling began."

The regulations that comprise the program are inter-related. Some parts call for entirely new concepts in food labeling—such as identifying and giving the amounts of nutrients, calories, fat, protein, and vitamins in a food, establishing nutritional guidelines for such classes of foods as frozen dinners, or identifying and giving the percentage by weight of seafood in a seafood cocktail. Other parts are technical changes that update and improve existing FDA regulations.

The program essentially has two purposes:

1. To improve the nutritional information on food labels. This will be accomplished primarily by a voluntary program with industry which calls for the listing of nutrients in a standard format.

2. To make information on food labels more meaningful to the public. This will be accomplished in part by setting standards for identifying essential vitamins and minerals and replacing an outmoded system of measuring nutritional intake. The new measurement system is based not on "minimum" nutritional needs but on "recommended" daily allowances of vital nutrients.

Here is a summary of some of the most significant parts of the program:

### NUTRITION LABELING

This regulation governs when and how food labels will contain information about the nutritional content of the food. Whenever a food is labeled with nutrition information, the label must follow this standard format:

#### "Nutrition Information Per Serving"

1. *Serving size*
2. *Servings per container*
3. *Caloric content or calories*
4. *Protein content or protein*
5. *Carbohydrate content or carbohydrate*
6. *Fat content or fat*
7. *Percentage of U.S. Recommended Daily Allowances (U.S. RDA)*

Nutrition labeling is voluntary for most foods. However, if a nutrient is added to any product, even to replace those lost in processing, or if a nutritional claim is made for the food in the labeling or in an advertisement, that product's label must have full nutrition labeling.

For example, if the label or an ad makes any reference to protein, fat, carbohydrate, calories, vitamins, minerals, or use in dieting, the label must contain complete nutrition information. Examples of products that are normally sold as "enriched" or "fortified" and thus would require full nutrition labeling are enriched bread or flour, fortified milk, fortified fruit juices, and diet foods.

On the food labels, the levels of vitamins and minerals will be listed as a percentage of the U.S. Recommended Daily Allowances (U.S. RDA). They replace the outmoded FDA Minimum Daily Requirements.

A listing of seven important vitamins and minerals must ordinarily be included on the label. They are vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium, and iron. Another 12 vitamins and minerals may also be listed.

For some foods, such as bread and milk, the nutrient content of a day's intake as well as a serving may be listed.

| NUTRITION INFORMATION<br>(PER SERVING)                                                            |          |
|---------------------------------------------------------------------------------------------------|----------|
| SERVING SIZE = 1 OZ.                                                                              |          |
| SERVINGS PER CONTAINER = 12                                                                       |          |
| CALORIES                                                                                          | 110      |
| PROTEIN                                                                                           | 2 GRAMS  |
| CARBOHYDRATE                                                                                      | 24 GRAMS |
| FAT                                                                                               | 0 GRAM   |
| PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)*                                       |          |
| PROTEIN                                                                                           | 2        |
| THIAMIN                                                                                           | 8        |
| NIACIN                                                                                            | 2        |
| *Contains less than 2 percent of U.S. RDA for Vitamin A, Vitamin C, Riboflavin, Calcium and Iron. |          |



## NUTRITION INFORMATION (PER SERVING)

SERVING SIZE = 8 OZ.

SERVINGS PER CONTAINER = 1

|                         |                         |
|-------------------------|-------------------------|
| CALORIES . . . . .560   | FAT (PERCENT OF         |
| PROTEIN . . . . . 23 GM | CALORIES 53%) . 33 GM   |
| CARBOHYDRATE . 43 GM    | POLYUNSAT-              |
|                         | URATED* . . 2 GM        |
|                         | SATURATED . . 9 GM      |
|                         | CHOLESTEROL*            |
|                         | (20 MG/100 GM) . 40 MG  |
|                         | SODIUM (365 MG/         |
|                         | 100 GM) . . . . .830 MG |

### PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

|                              |                        |
|------------------------------|------------------------|
| PROTEIN . . . . .35          | RIBOFLAVIN . . . . .15 |
| VITAMIN A . . . . .35        | NIACIN . . . . .25     |
| VITAMIN C                    | CALCIUM . . . . . 2    |
| (ASCORBIC ACID) . . 10       | IRON . . . . .25       |
| THIAMIN (VITAMIN             |                        |
| B <sub>1</sub> ) . . . . .15 |                        |

\*Information on fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and cholesterol.

## LABELING FOR CHOLESTEROL AND FATS

This regulation allows consumers to identify foods for inclusion in physician-recommended fat-modified diets. It accomplishes that objective by allowing use on the label of a statement of cholesterol content, stated in milligrams per serving and in milligrams per 100 grams of food, and the listing of the amounts of fats in grams per serving in two categories: polyunsaturated and saturated. The total fat content as a percentage of the total number of calories in the food will also be listed.

If cholesterol or fatty acid information is used, full nutrition labeling must be provided, and the label must contain the following statement:

"Information on fat (and/or cholesterol) content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat (and/or cholesterol)."

The labeling does not mean that FDA is taking a position on the medical debate surrounding the role of fat consumption in persons with heart disease. The regulation is an attempt to make it easier for consumers to select food products useful in fat-modified diets.

## SPECIAL DIETARY USE LABEL STATEMENTS

This regulation defines the term "special dietary use." It establishes the U.S. Recommended Daily Allowance (U.S. RDA) as the official measurement for nutrition labeling. It specifies the U.S. RDA for various vitamins and minerals for infants, adults, pregnant women, and women with nursing babies. The regulation is based on Special Dietary Food Hearings conducted by FDA in 1968-1970.

The regulation sets forth five prohibitions:

1. *With certain exceptions, it prohibits any claim or promotional suggestion that products intended to supplement diets are sufficient in themselves to prevent, treat, or cure disease.*
2. *It prohibits any implication that a diet of ordinary foods cannot supply adequate nutrients.*
3. *It prohibits all claims that inadequate or insufficient diet is due to the soil in which a food is grown.*
4. *It prohibits all claims that transportation, storage, or cooking of foods may result in inadequate or deficient diet.*
5. *It prohibits nutritional claims for nonnutritive ingredients such as rutin, other bioflavonoids, para-aminobenzoic acid, inositol, and similar ingredients, and prohibits their combination with essential nutrients.*

These regulations do not preclude a manufacturer or distributor who has adequate scientific data from claiming a higher nutrient retention in his product than in a competitive product. Nor do they prohibit a claim that a particular food has a higher nutrient content because of the soil in which it is grown if that claim is backed up by scientific data. The regulations permit a manufacturer to identify which vitamins are naturally present and which are added to his product.

## VITAMINS AND MINERALS

This section establishes a standard of identity for dietary supplements of vitamins and minerals. It sets forth ground rules for a product to qualify for marketing as a dietary supplement. This regulation is also the product of the 1968-1970 Hearings.



The regulation draws a clear distinction between ordinary foods, special dietary foods intended for diet supplementation, and drugs intended for the treatment of diseases.

In general, if a product contains less than 50 percent of the U.S. RDA, it is not a dietary supplement, and only nutrition labeling is pertinent.

If it contains 50 percent to 150 percent of the U.S. RDA, it is a dietary supplement and must meet the standard.

If it exceeds 150 percent of the RDA, then it cannot be sold as a food or a dietary supplement, but must be labeled and marketed as a drug.

The regulation identifies a few exceptions, particularly in regard to naturally occurring nutrient levels over 50 percent of the RDA.

## LABELING OF FLAVOR

Although FDA regulations require that food labels say when the food contains "spices," "flavorings," and "colorings," the Agency has never provided clear guidance on the labeling of flavors. The purpose of this regulation is to clarify FDA's policy and develop a labeling pattern for flavorings in foods which will be clear, consistent, and informative to consumers.

This will be done by specifically defining conditions of labeling, and by consolidating all requirements for such labeling. For example, if vanilla pudding contains only natural flavor, it would be called simply "vanilla pudding." If it contains a natural flavor which predominates, with an added artificial flavor, it would then be called "vanilla flavored pudding." If both natural and artificial flavoring are used, and the artificial flavoring predominates, the name would be "artificially flavored vanilla pudding." If only artificial flavor is used, it would also be "artificially flavored vanilla pudding."

## IMITATION FOODS

These proposed regulations are to clarify use of the term "imitation" for food products. The 1969 White House Conference on Food, Nutrition and Health recommended that "oversimplified and inaccurate terms such as 'imitation' should be abandoned as uninformative to the public."

This proposal requires use of "imitation" only when a food is nutritionally inferior to a food product for which it is a substitute. It sets up a mechanism so that a new product which is similar to an established food product, and at least nutritionally equivalent to that product, could be marketed without the use of the word "imitation." This is to be done by establishing a different name for the new product that is fully descriptive and informative to the consumer.

## NUTRITION INFORMATION (PER SERVING) SERVING SIZE = 1 MUFFIN SERVINGS PER CONTAINER = 12

|                                                            | MIX | MIX + 1 EGG<br>+ 1/2 C. MILK |
|------------------------------------------------------------|-----|------------------------------|
| CALORIES                                                   | 120 | 130                          |
| PROTEIN, GRAMS                                             | 2   | 3                            |
| CARBOHYDRATE, GRAMS                                        | 20  | 20                           |
| FAT, GRAMS                                                 | 3   | 4                            |
| PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA) |     |                              |
| PROTEIN                                                    | 2   | 4                            |
| VITAMIN A                                                  | 0   | 2                            |
| VITAMIN C                                                  | 0   | 0                            |
| THIAMIN                                                    | 4   | 4                            |
| RIBOFLAVIN                                                 | 2   | 4                            |
| NIACIN                                                     | 2   | 2                            |
| CALCIUM                                                    | 8   | 10                           |
| IRON                                                       | 2   | 4                            |

## MELLORINE AND PAREVINE

These are the first proposed standards under the "Imitation Foods" regulation. Mellorine and parevine are names for products that resemble ice cream, and require fortification so they are nutritionally equivalent to ice cream. They are to be sold under the names "mellorine" and "parevine" with no reference on the label to either ice cream or imitation. Full nutrition labeling will be required for these products.

Both of these products are now being sold under the proposed names in a number of States where food standards for them have been established.

## INGREDIENTS IN STANDARDIZED FOODS

In this statement of policy, FDA clarifies its position on ingredient labeling for standardized foods. The Agency points out that although it does not have statutory authority to require disclosure of ingredients that must be contained in a food, it urges manufacturers, producers, and distributors to make such disclosure in the interest of providing more informative labeling for the consumer. FDA also reiterates its position that it can require label declaration of optional ingredients in foods with a standard recipe. The Agency is amending its regulations to require such listing.

## COMMON OR USUAL NAMES FOR NONSTANDARDIZED FOODS

This regulation states that the common or usual name, which may be a coined term of a nonstandardized food must identify or describe the basic nature of the food or its characterizing properties or ingredients in accurate, simple and direct terms. Also, the name is to include the percentage of the characterizing ingredient if the proportion contained has a material bearing on price or consumer acceptance or if the appearance of the food may give the impression that the characterizing ingredients are present in a larger than actual amount.

In addition to these general principles, the regulation issued March 14 establishes common names for four non-standardized foods:

**Seafood cocktail.** When the cocktail contains only one seafood ingredient, the name consists of the seafood followed by the word "cocktail" (for example, shrimp cocktail), along with a statement giving the percentage by weight of seafood that is in the product. If more than one kind of seafood is in the cocktail, the mixture is named "seafood cocktail" and the percentage by weight of each kind of seafood is listed.

**Greenland turbot.** Only the food fish *Reinhardtius hippoglossoides*, a right-eye flounder, can be called Greenland turbot. The term "halibut" may be associated only with the Atlantic or Pacific halibuts.

**Crabmeat.** The regulation limits the species of crabs that can be called King crabmeat, Hanasaki crabmeat, Snow crabmeat and Korean variety or Kegani crabmeat.

**Bonito.** Allowable common or usual names of the food fish *Sarda chilensis* and *Sarda velox* are "Bonito" or "Bonito fish."

**Diluted Orange Juice Beverages.** FDA has stayed an order establishing definitions and standards of identity for non-carbonated diluted orange juice beverages pending full public hearings. However, it is establishing in the meantime names for such products which will describe their content of orange juice. Along with the descriptive name (such as "diluted orange juice beverage"), a statement must declare the percent of orange juice in the product to the nearest five percent. If the product contains some orange juice but less than five percent, the label must say "less than five percent".

## NUTRITIONAL QUALITY GUIDELINES

Under this regulation the Government has established principles to be followed in describing desirable nutritional quality characteristics which are appropriate for given classes of food. A product that complies with the guideline may include on the label the statement that it "provides nutrients in amounts appropriate for this class of food as determined by the U.S. Government."

**Frozen "heat and serve" dinner.** The first guideline established under the new regulation is for frozen "heat and serve" dinners. To comply with the guideline, and thus be able to say so on the label, such a dinner must contain at least the following three components:

1. One or more sources of protein derived from meat, poultry, fish, cheese or eggs. These sources, excluding their sauces, gravies, etc., must provide at least 70 percent of the total protein in the frozen dinner.

2. One or more vegetables or vegetable mixtures other than potatoes, rice, or cereal-based product.

3. Potatoes, rice, or cereal-based product (other than bread or rolls)

Frozen dinners that comply must provide at least the following quantities of nutrients for each 100 calories or for the total of the three major components whichever is greater:

| Nutrient                      | for each 100     |               |
|-------------------------------|------------------|---------------|
|                               | Calories of the  | for the total |
|                               | total components | components    |
| Protein, grams                | 4.60             | 16.0          |
| Vitamin A, IU                 | 150.00           | 520.0         |
| Thiamin, mg                   | 0.05             | 0.2           |
| Riboflavin, mg                | 0.06             | 0.2           |
| Niacin, mg                    | 0.99             | 3.4           |
| Pantothenic acid, mg          | 0.32             | 1.1           |
| Vitamin B <sub>6</sub> , mg   | 0.15             | 0.5           |
| Vitamin B <sub>12</sub> , mcg | 0.33             | 1.1           |
| Iron, mg                      | 0.62             | 2.2           |

## TIMETABLE

The actions on food labeling will require extensive labeling changes by the food industry. To assure that these changes are made expeditiously, and cause as little economic hardship to industry and consumers as possible, FDA is proposing that any labeling ordered by a manufacturer after December 31, 1973, comply with the regulations. December 31, 1974, is the final date on which products shipped would be required to conform to all new requirements.

U.S. DEPARTMENT OF HEALTH, EDUCATION,  
AND WELFARE  
Public Health Service  
Food and Drug Administration  
5600 Fishers Lane  
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